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Mibyou, old and new word

To prevent disease is important. In this pandemic of COVID19, wearing masks, use sanitization, caring about mental illness can hear every day. We are easy to forget how health is great until having pain or sick, loose friends or family members. In long human history, we keep fighting with diseases. Over 2000 years history of ancient China, there is around 250 texts written on epidemics. Human-being has kept overcoming diseases through developing prevention medicine.

Huang Di Neijiang is the oldest medical book in the world. Huang Di said "Superior doctors prevent the disease, mediocre doctors treat the disease before evident, inferior doctors treat the full-blown disease. " Huang Di called Mibyou which is the condition, the patients who is going to become disease. Superior doctors treat Mibyou. The Mibyo (literally meaning 'pre- disease'), refers to the continuum between health and sickness.

In 1995, Japan Mibyou Association was established. The background, there is aging population explosion. In 2020, January the rate of over 65% aging population is 28.7% in Japan. The word of Mibyou is fitted for encouraging people being healthy. The Japanese government introduced the concept of Mibyou. Following, companies and groups had started in "Mibyou-industry". For examples, Fujifilm corporation and University of Keio are correcting health care dates. They invented the sensors and installed toilets or beds in the hospital. Kanagawa Prefecture alliances with over 800 companies and groups that related with sports, IT, medical, care managements and food industries, advises and gives ideas or information of merchandises or services.

Mibyou who does not have any symptoms but medical finding is positive or feel sick but no medical finding, such as hypertension, hyperlipidemias, hyperglycemia, obesity, arteriosclerosis, osteoporosis. In 2008 it was added metabolic syndrome. These are currently no certain cure or treatments.

In Oriental Medicine, Mibyou who feel heavy, shoulder pain, sensitivity of cold, feel dizzy, tiredness, numbness in the limbs, vertigo, loss of appetite, fragile (feel down), etc. It is included period pain, any gynecology discomfotable conditions are Mibyou as well.

Majority of people are categorized Mibyou. There was a research in Japan, the people who attended to health check, 90% of people were Mibyou. In other hands, only 10% of people are no symptoms with no medical findings, called "Healthy" or any symptoms with medical findings positive, called "Illness". As helth providers, considering about Mibyou is preventing disease. What can we do for Mibyou people?

How to prevent disease? This is the first and last question for human-being. Japan Mibyou Association categorizes two kinds of Mibyou. One is patients can treat by themselves, other is patients need medical supports such as supplements or medicines. There are three ways for treatment, 1. Diet, 2. Exercises

and 3. Social participation. Huang Di answered in his book, chapter 1. “exercise, diet and harmonize with the universe”. Last term means respect nature, treat people same as you and have good relationship with your around of people.

The concept of Mibyou is old and new word. Medical technologies alone will not be enough to address the issues. Important though is the blend of traditional and new thinking.

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